



California Physical Fitness Test 2002–03

North/South Update

**September 30 — Sacramento
October 2 — Burbank**

California Department of Education
Standards and Assessment Division

California Physical Fitness Test 2002–03

Education Code Section 60800 requires:

- ◆ Annual testing for students in grades 5, 7, and 9
- ◆ District is to administer the test during the month of March, April, or May
- ◆ Student participation whether or not they are enrolled in a physical education class

Fitnessgram Test

Six fitness standards students must meet to be considered fit:

A student must meet all six standards before he or she is considered fit. Fitnessgram test assesses six major fitness areas, with several performance task alternatives.

Fitnessgram Test

Six Fitness Areas

◆ Aerobic Capacity

- Pacer
- Mile Run/Walk
- Walk Test (13 years and older)

◆ Body Composition

- Percent Fat
- Body Mass Index (height and weight)

Fitnessgram Test

Six Fitness Areas

◆ **Abdominal Strength**

- **Curl-up**

◆ **Upper Body Strength**

- **Push-up**
- **Modified pull-up**
- **Pull-up**
- **Flexed Arm Hang**

Fitnessgram Test

Six Fitness Areas

◆ **Trunk Strength**

- Trunk lift

◆ **Flexibility**

- Back-saver sit and reach
- Shoulder stretch

Key Points For 2001–02

- ◆ **Annual reporting**
- ◆ **First time that year-to-year comparisons were available**
- ◆ **Physical fitness data is a required element of the School Accountability Report Card**

Key Points For 2001–02

Public access to the data will be available via Internet early 2003

- ◆ **Public access also available via DataQuest**
- ◆ **Percent students in Healthy Fitness Zone for 6 of 6 standards, 5 of 6 standards, 4 of 6 standards, etc.**
- ◆ **Percent students in Healthy Fitness Zone for each fitness task**
- ◆ **Partially tested students are included in Healthy Fitness Zone percentages**
- ◆ **Results reported by grade for total population, gender, and ethnicity at state, county, district, and school levels**
- ◆ **1999 and 2001 comparisons available on existing Web site (links provided)**

Key Points For 2002–03

- ◆ **Deadline for submitting data to Educational Data Systems is June 30, 2003**
- ◆ **Data must be reported electronically or by Scantron forms**
 - **Internet data entry site**
 - **e-mail**
 - **disc, tape, CD-Rom**
 - **FTP (File Transfer Protocol)**

Key Points For 2002–03

- ◆ Programmed template on Web page to facilitate compiling data
- ◆ Cannot be accepted:
 - Fitnessgram software prior to 6.0 (include CDS code and school/district names in export file from Fitnessgram)
 - Handwritten score sheets
- ◆ Newly required assessment for Charter Schools
- ◆ 2003 Physical Fitness Testing packet to be sent to county/district superintendents in November

Priorities

For 2002–03

- ◆ Results will be reported to Governor and Legislature
- ◆ Consistency in data reported will be enhanced
 - Training for improved data collection and reporting
- ◆ Participation will be increased
 - Communication to districts that did not test results or send usable data

Goal

For 2002–03

- ◆ Improving fitness level of California's children
- ◆ California children who are fit, healthy, and ready to learn

Physical Fitness Test Web Sites

- ◆ Physical Fitness Test Results Web site:
 - <http://www.cde.ca.gov/statetests/pe/pe.html>
- ◆ Data Quest Link
 - <http://dq.cde.ca.gov/DataQuest/>
link to “additional data available on the CDE website”
- ◆ For more information:
 - Debbie Vigil
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